



**PLEASE READ THESE INSTRUCTIONS CAREFULLY, AS SOON AS YOU RECEIVE THEM!!!**

DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

**The Endoscopy Center of West Central Ohio  
2793 Shawnee Road  
Lima, Ohio**

**Additional Instructions:**

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**General Instructions:**

Please let us know if you have an **\*Implantable Defibrillator\***  
( a device that will shock the heart if it stops beating )

- **DO NOT** eat corn or popcorn 1 (one) week before your procedure.
- **DIABETIC PATIENTS** please follow these guidelines:  
  - Oral diabetic medications** – do not take the day before or day of your procedure
  - Insulin** –day before exam take ½ a dose in the morning or afternoon, **NO evening** doses of insulin the day before exam
  - Sliding Scale Insulin** – check blood sugar and follow the scale
- You will need to **have a designated driver, WHO REMAINS IN THE FACILITY AT ALL TIMES** on the day of your procedure, (not a taxi) as you will be sedated and too sleepy to drive yourself home.
- Consider preparing/purchasing items from the clear liquid list ahead of time (ex. preparing Jell-O).
- You will need to **PURCHASE THE FOLLOWING** from a drug store:  
  - **One** 238gm bottle of Polyethylene Glycol (Miralax) and 64 oz. bottle of sugar-free Crystal Light / Clear Liquid of your choice.
  - **15** Senokot (Senna) tablets (8.6mg each)

**Day Before Examination:**

1. Drink **ONLY “Clear Liquids”** for the **ENTIRE** day prior to the procedure (from the time you wake up until the time you go to bed). **Drink at least 2 quarts of “Clear Liquids”**. Solid foods, milk or milk products are **NOT** allowed!
2. At **12:00 noon** on the **day before** the colonoscopy, you should take the **15** Senokot (Senna) tablets. Continue clear liquids diet.
3. At **3:00p.m.** The **afternoon before** the colonoscopy, mix 238gm.bottle of Miralax in 64oz. of sugar-free Crystal Light / sugar-free Clear Liquid of your choice. Shake the solution until the Miralax is dissolved. Drink 1 (one) 8oz. glass **every 20- 30 minutes** until **half** of the solution is gone (a total of 4 glasses or 32oz.). **Save the other ½ for the later.**
4. **8 hours before you leave for procedure:** Drink the remaining solution of the Miralax in Crystal Light or Clear Liquid of choice. Drink 1 (one) 8oz. glass **every 20- 30 minutes until the remaining solution is gone.**

**\*YOU MUST STOP DRINKING ANY CLEAR LIQUIDS SIX (6) hrs BEFORE YOUR PROCEDURE\***

**Day of Examination:**

1. **NO** chewing gum or any tobacco products (smoking, chewing, snuff, etc.). **NO SMOKING OR INGESTION OF MARIJUANA OR ALCOHOL OF ANY KIND WITHIN 24 HOURS OF YOUR PROCEDURE or it may be cancelled.**
2. If you use an inhaler, please bring it with you.
3. **4 hours before you leave for your procedure:** If you take heart, blood pressure and/or seizure medication (if normally taken in the morning), please take these pills with ONLY a small **SIP of water.**

## Clear Liquid Diet:

- Strained fruit juices, without pulp  
(apple, white grape, white cranberry)
- Water
- Clear broth (chicken or beef)
- Gatorade (**NO RED**)
- Black Coffee
- Ice Popsicles
- Clear carbonated and non-carbonated  
Soft drinks (7-Up, Sprite, etc.)
- Kool-Aid & fruit flavored drinks
- Plain Jell-O (**NO RED** and without  
added fruits or toppings)
- Tea